

























Name:		Autumn Term				Spring Term				
FITNESS										
		Identify Fitness Strengths								
		Identify Fitness Weaknesses								
		Follow a plan to improve one component of fitness								
		Fitness levels								
		Reflections from Yr 7:	Target:				Target:			
PHYSICAL LITERACY										
		Performing sport specific skills in sport 1								
		Performing sport specific skills in sport 2								
		Performing sport specific skills in sport 3								
	Reflections from Yr 7:	Target:				Target:				

Name:		Autumn Term				Spring Term			
LEADERSHIP LIFE SKILLS: MORALS									
	Lead a short warm up								
	Play with good sportsmanship								
	Play within the rules								
	Reflections from Yr 7:	Target:				Target:			
HEALTH	Understand 3 ways physical activity can improve mental health								
	Understand 3 ways that physical activity can improve social health								
	I lead a healthy lifestyle (e.g. get enough sleep, exercise regularly, eat real food, relax regularly)								
	Reflections from Yr 7:	Target:				Target:			

Name:		Autumn Term				Spring Term				
ENJOYMENT, CONFIDENCE										
		I have fun in my lessons								
		I try hard in my lessons								
		Reflections from Yr 7:	Target:				Target:			

